

# Sherborn

# LINK

## COMMUNITY NEWS

Happy Holidays!

It is hard to believe that November is here, and we will soon be celebrating the holidays. As we anticipate gathering for Thanksgiving and the busy holiday season ahead, please make a conscious effort to be available for your family, neighbors or friends who might be feeling isolated. Consider putting a regular call or visit on your calendar and encouraging others to reach out as well. Being recognized goes a long way in combating isolation and loneliness.

Melinda and I are excited to introduce our new Assistant Director, Maura Bennett. She started in September and is off and running! You can read all about her on page 3. There are now three of us in the office again, and while we each focus on specific areas and programs, we operate as a team and share responsibilities. We are always here for you and hope that you will reach out to us.

The COA provides numerous services, programs, and resources. We have several lifetime learning (p 7), exercise classes (p 6) to choose from, a weekly café and community coffee bar (p 4), a men's lunch (p 5), a new Ladies' lunch (p 3), watercolor and craft classes, and Medicare (SHINE) counseling (p 12). Everyone is always welcome!

There are many ways to support the COA. You can volunteer at our café or coffee bar, attend a program or special event, make a donation to the Friends of the Sherborn COA annual appeal, teach a Lifetime Learning course, or stop by for a visit, we are located on the 2nd floor at Town Hall.

Melinda, Maura, and I are thankful for the Sherborn community, our Board members and Friends, volunteers and all who participate in our various programs. We wish you all very happy holidays!

Warmly,  
*Kristina Gallant*  
Kristina Gallant, Director



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This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and through the generous support of the Friends of The Sherborn Council on Aging.

## NOTABLE ELDER



### CAROLE MARPLE

When Carole was ready for full-time work, she became the Sherborn Town Clerk. It was the perfect job for her because it satisfied a long thread that has run through her life since she was a small girl. From an early age, her mother taught her how important and satisfying it is to give service to others and the Town Clerk's job does exactly that, helping the state, helping the town, and helping people.

Tomboy Carole grew up in Delaware, having access to her grandparents and her greater family. She graduated from Mount Pleasant High School in 1962 and from the Univ. of Delaware in 1966. During her college years she met and married Dan Marple, and for the next 12 years the couple led a nomadic life moving from one city to another seven times as required by Dan's job. It was not a lot of fun as Carole painted and refurbished whatever apartment or house they chose to make into a home.

One of a series of articles profiling neighbors who have passed the eighth-decade milestone and continue to live active, contributing lives.

Written by: Ann Bekebrede.

During those years two sons, Danny and Steven were born.

The Marple family finally landed in Sherborn in time for the blizzard of '78. Their choice of a house on Stoneybrook Rd. was made easy when they saw children in the neighborhood and knew there would be friends for their boys and their daughter Beth, who was born a year later. Now for the first time they knew the children would have continuity in their schooling and friendships. When the children enrolled at Pine Hill School, in a sense Carole went with them. She became an indispensable volunteer for all the many ways that she could help. For example, she was Co-Chair of volunteers at PHS for five years, Co-President of Positive Care at DSMS, arranged Teacher Appreciation Days, and worked with the Umbrella Group at DSHS.

Her influence stretched out into the community: she was a member of the Board of the Sherborn Community Center, a long-time member of the Benevolent Society, and is presently an associate member of the COA.

In 1987, tragedy struck when Danny was killed in an automobile accident. It was a lifetime of sorrow, but Carole found some solace in immersing herself in the many volunteer activities at Pilgrim Church. She served on

nearly every committee at the church and is proud of her participation in the Interfaith Hospitality Network, now called Family Promise. She's helped at A Place to Turn, Natick food pantry, and initiated the Election Day Food Drive while she was Town Clerk. She became town clerk in 1999 and was repeatedly re-elected until she retired in 2020.

During those 21 years she enjoyed the many responsibilities of the job, keeping town records, explaining the law and issuing marriage licenses to name a few. Sometimes (if she was lucky) she was given the privilege of performing the wedding ceremony.

Her influence spread beyond the borders of Sherborn. She was a member of the MA Town Clerks Association and, among other activities, a member of the Education Committee. However, the Association was not always bent on legislative matters. It created its own cookbook!

Now divorced from Dan, Carole has downsized to a pleasant apartment in Woodhaven. There she can see her children and grandchildren who live close by. Presently she is deeply involved in smoothing the way with love and caring for her daughter-in-law as she travels the path of Alzheimer's.

# TOWN NEWS

## A DAY TO CELEBRATE



What a spectacular day of celebration! And who best to be at the heart of it but Phyllis Braun.

Phyllis led off the 350th Parade with style and grace. She never misses the chance to celebrate Sherborn. The Parade was followed by Sherbrostock, the perfect ending to a perfect day. For more 350th activities, visit [www.sherborn350.org](http://www.sherborn350.org)

## LIKE US ON FACEBOOK



Scan this QR Code which will connect you to our Facebook page. This page will keep you updated about events, town news and will post fun pictures.

Also, you can always see what's going on by logging onto to [www.sherborncoa.org](http://www.sherborncoa.org).

## LADIES LUNCH



Join us on Tuesday, January 14th @ Noon at Mother Anna's in Medfield.

You will need to pre-register and pay a nominal fee for lunch of \$10.00.

This event is limited to 20 attendees.

More information to follow.

## EMPLOYEE SPOTLIGHT

### MAURA BENNETT, COA ASSISTANT DIRECTOR



We are happy to welcome Maura Bennett as the new Assistant Director for the Council on Aging. Maura has lived in Sherborn for 22 years with her husband Dan, who grew up in Sherborn, and their 3 children.

Maura was the Head Indoor Track Coach for Boys and Girls at Dover Sherborn High School from 2012-2022 and the Head Coach for the Outdoor Track teams from 2012-2019. She started the BOKS program, a before school exercise program at Pine Hill and ran it from 2011-2018. Maura also founded the Dover Sherborn Running Club from 2008-2020 where she coached hundreds of athletes from elementary school-aged children through adults. She felt fortunate to be able to coach her children, too. Maura truly loved coaching and helping people achieve their goals and reach their full potential and enjoyed creating programs that fit the needs of residents.

Maura is excited to be working for the Council on Aging! She looks forward to being able to make a difference, continue to grow the COA programs, and adapt to the changing interests and needs of our residents. She is enjoying meeting everyone. Please stop by and say hello to Maura!

# WHAT'S UP?



## ON THE CALENDAR

**MONDAY, NOV. 4TH**  
10:30 AM - NOON  
**MINDFULNESS WALK**  
Medfield State Hospital

**TUESDAY, NOVEMBER 5TH**  
Election Day/ 7:00AM - 8:00 PM

**MONDAY, NOVEMBER 11TH**  
Veteran's Day

**THANKSGIVING LUNCH**  
SUN., NOV. 24TH @ 1:00 PM  
ST. THERESA'S CHURCH

This is an annual tradition sponsored by the Sherborn Police Department. Join them for a delicious Thanksgiving dinner. Please note the location is at St. Theresa's.

**THURS., NOV. 28TH**  
Town Hall Closed  
Thanksgiving

**THURS., DEC. 5TH @ 9:00 AM**  
UGLY SWEATER WALK  
Holliston Rail Trail

**FRI., DEC. 6TH @ 9:30 AM**  
PANCAKE BREAKFAST @  
THE FIRE STATION

The Fire Department will be hosting a Holiday Pancake Breakfast at the Fire Station. Join them for a fun and relaxing morning.

**WEDNESDAY, DEC. 25TH**  
The First Night of Chanukah  
Christmas Day



**COMMUNITY COFFEE BAR**  
WEDNESDAYS FROM 9:30 - NOON  
SHERBORN COMMUNITY CENTER  
There will be no coffee on Wednesday,  
November 27th (day before T-giving).

Food generously donated by Dunkin Donuts

## THURSDAY CAFES @ NOON/PILGRIM CHURCH/\$5.00

**November 7th:** Bob Ainsworth, author of Duped, presents "Ponzi'd" about Charles Ponzi and his scams in 1920's Boston along with more recent scams and scammers such as Bernie Madoff and cryptocurrency. This program is generously sponsored by Right at Home (508) 668-8001, a home care agency in Foxboro who strive to improve the quality of life of those served.

**November 14th: Ageless Oral Health.** The CDC reports a growing number of studies show that people living with certain chronic conditions more often have untreated oral diseases or conditions. Please join Dr. Shruti Panjini, owner and lead provider at the Dental Studio of Wellesley.

**November 21st: Marty Gitlin, author of "Powerful Moments in Sports",** will entertain and enlighten about sporting events that changed history.

**December 5th: Golden Tones** is an uplifting and fun live chorus for those looking for connections after retirement. Join us for a celebration of the Holiday Season with songs and pizza. **This location has been changed to the Sherborn Library Community Room to accommodate all who want to join.**



Remember  
to **RSVP**

# UPCOMING EVENTS

**FREE DEMENTIA LUNCH & LEARN**  
LAST FRIDAY OF THE MONTH  
@ 12:00PM - **TOWN HALL**  
2ND FLOOR/ 19 WASHINGTON ST  
MUST RSVP FOR LUNCH

**FRIDAY, NOVEMBER 29th**  
"BREAKING THROUGH THE  
FOG OF DEMENTIA"



Dan Cohen, MSW and Founder and CEO of Right to Music will be discussing how music can break through the fog of dementia by fostering focus and engagement, even when other cognitive functions are impaired. In this presentation, we will explore how utilizing favorite songs can generate a variety of positive outcomes that enhance quality of life.

There will not be a Lunch and Learn Program for December. We look forward to seeing you again in 2025!

This series is made possible by the generous funding from the Bay State Federal Savings Bank Charitable Foundation.



**BOOK CLUB**  
3RD TUESDAY @ 11 AM  
SHERBORN LIBRARY  
TUES., NOV. 19TH  
TUES., DEC. 17TH

We will be reading *The Underground Railroad* by Colson Whitehead. The library orders the book for us. We always welcome new readers.

Please RSVP [coordinator@sherbornma.org](mailto:coordinator@sherbornma.org)

**WHICH CRAFT**  
2ND WEDNESDAY @ 10:30 AM  
COA OFFICE/TOWN HALL  
19 WASHINGTON ST  
WED., NOV 13TH  
WED., DEC 11TH

Join us for a crafty morning. All supplies are provided. No experience necessary. It's a great program for fun, creativity and socialization.

**MAH JONGG**  
EVERY WEDNESDAY @ 10:00 AM  
TOWN HALL, 2ND FLOOR  
Mah Jongg is a fun and challenging game. You can meet new people and at the same time exercise your brain. All levels are invited.

Please let us know you are coming. RSVP to [coaprograms@sherbornma.org](mailto:coaprograms@sherbornma.org) or 508-651-7858



**MENS LUNCH**  
2ND FRIDAY @ 12:00 PM  
LOCATION: FIRESIDE TAVERN  
SHERBORN, MA

**NOVEMBER 8TH**  
**DECEMBER 13TH**

Men from all towns are welcome to join.

Please call Melinda at 508-651-7858 for information on guest speakers and to register. Lunch is \$10.00.

**WATERCOLOR CLASSES**  
THURSDAYS @ 4 - 6 pm  
SHERBORN LIBRARY  
NOV 7, 14, 21 DEC 5, 12, 19

**\$10/class**  
**(all materials are included)**

Brenda Goldman will guide you step by step with your watercolor painting. Brenda Goldman is a local artist who lives in Medfield.

Classes will cover a variety of subjects. Various watercolor painting techniques, color mixing and composition will also be covered. Materials will be provided.

Please contact the COA at 508-651-7858 to register for the class or email [coa@sherbornma.org](mailto:coa@sherbornma.org). All levels are welcome!

# HEALTH & FITNESS

## FITNESS FUN - TOWN HALL/2ND FLOOR

**MONDAYS @ 8:45AM**

Join Lourdes Fournier for this low-impact class which offers a variety of exercises designed to energize your active lifestyle using low-impact movements, focusing on building total body strength plus cardio endurance. Chairs are available if needed for support. This 55-minute workout includes a warm-up, cardio endurance, body strength using hand-held weights and bands, followed by a cool-down and stretching.

## TONE AND STRETCH - ON ZOOM

**TUESDAYS @ 9:00AM**

Join Laila for a virtual 45-minute Tone & Stretch. Please have a chair, water and hand weights nearby. You can substitute soup or bean cans for weights.

## TAI CHI - TOWN HALL/2ND FLOOR

**WEDNESDAYS @ 1:00PM**

We are excited to add Tai Chi to our list of fitness classes. Tai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance. It also has value in treating or preventing many health problems, such as arthritis, diabetes, and depression.

Robin Natanel is a certified Tai Chi Instructor. She has been teaching Tai Chi meditation, mindfulness and mindful eating for over 20 years.

## CARDIO, CORE AND MORE - ON ZOOM

**FRIDAYS @ 9:00AM**

Join Laila as she leads you through a series of interval cardio exercises. The class will finish with stretching. Please have a chair, water and hand weights nearby.

## WEEKLY WALK

**THURSDAYS @ 9:00AM**

Our weekly walk meets at the Holliston Rail Trail. Please let us know if you are coming, in case we have to cancel.

## CONTACT INFORMATION

Exercise classes are \$5.00 excluding the weekly walk where there is no charge.

To register for any class.

Contact us at  
coa@sherbornma.org  
or call 508-651-7858.



## KINGSBURY CLUB - SENIOR SWIM

Take advantage of Senior Swim at the Kingsbury Club which is located at 2 Ice House Rd in Medfield.

All you need to do is say you are from the Sherborn COA and bring a picture ID. The cost is \$5.00; they ask you pay in cash.

Call 508-359-7800 for info Senior Swim times for the Fall are Monday, Tuesday and Friday from 10:00 am - 11:00 am.

# LAST OF LIFETIME LEARNING UNTIL 2025

## **POETRY IN A MAD, MAD WORLD**

**WEDNESDAYS, NOV. 6, 13, 20 AND DEC. 4 @ 10:30 AM - 12:15 PM**

**SHERBORN LIBRARY TRUSTEES CONFERENCE ROOM**

**COST: \$40.00**

**Presenter:** Barton Kunstler, Ph.D.,

## **FAROE ISLANDS - RUGGED NATURE IN THE NORTH ATLANTIC**

**WEDNESDAY, NOVEMBER 6TH @ 2:00 PM**

**SHERBORN LIBRARY TRUSTEES CONFERENCE ROOM**

**CO-SPONSORED WITH THE SHERBORN LIBRARY/FREE**

**Presenter:** Barry Pell, National Geographic Photographer.

## **IPAD AND IPHONE BASICS**

**MONDAY, NOVEMBER 25TH @ 1:30 PM**

**TOWN HALL/2ND FLOOR**

**COST: \$15.00**

**Presenter:** Kevin Figueroa from KevTech Services

## **PRE AND POST ELECTION DISCUSSIONS WITH DR. SMAILES**

**WEDNESDAY, OCTOBER 30TH AND NOVEMBER 13TH @ 1:30pm in person and on Zoom**

**COST: \$10/CLASS**

October 30: Looking Forward to Election Day and November 13th, What Happened?

**Presenter:** Dr. David Smiles will be coming out of retirement and joining us from Ohio on Zoom.

# MANY, MANY THANKS!!!

The Friends of the Sherborn Council on Aging would like to extend it's gratitude and appreciation to the following donors who allow us to support the older residents of Sherborn, and the work of the COA. The Friend's Annual Appeal was sent out in October, please consider making a donation to them. Thank you!



## SHERBORN'S TAX AID FUND

Please consider donating to Sherborn's Elder and Disabled Tax Aid Fund. This fund provides financial assistance to Sherborn homeowners, many of whom are long-time residents.

If you are looking for help, or are able to donate please check the Town's website. Any amount is appreciated and helps. Thank you.

## GET READY FOR WINTER WOOD & SAND DELIVERY

Wood delivery will be available to local residents. Wood may be limited this year to those 65+. Deliveries will begin in October.

**Cost:** \$80.00 for a 1/3 cord of wood.

Sand will also be available to residents. Please call the COA at 508-651-7858 to register for both services.

## GOOD NEIGHBOR ENERGY FUND

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Household Size	Total Gross Yearly Income
1 Person	\$49,197 - \$65,595
2 People	\$64,334 - \$85,777

For more info contact Melinda at 508-651-7858.

### Individual (\$35)

Bob Albertini & Don Collins  
Paul Balamotis & Nancy Kelly

Judith Costello  
Frederick Glass

*\*In Memory of wife Edna Glass*

Carolyn Hastings  
Paula Levine  
Coralinda Lincoln  
Anne MacDonough

Kelly McClintock  
Christopher Morss  
Carol Rubenstein  
Nancy Stover

Liz Strauss  
Kay Sweeney  
Julia Walsh  
Martha Wells

### Patron (\$50-\$99)

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Jeanne Anderson  
Scott and Kristina Barnard  
Doug and Sally Brodie  
Leslie Decker

Loretta Dragsbaek  
*\*In Memory of Lucy Almasian*

Embree Family  
Abigail Fiske  
Martha Groton  
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*\*In Honor of The COA Office Staff*

James Harmon  
*\*In Memory of Donna Harmon*

Roberta Heffron  
Josephine Ho  
Pete & Eileen Hoagland





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**Partner (\$100-\$249)**

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Brent & Serena Hall  
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Therese Geoghegan  
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Elizabeth Heffernan  
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Egil & Natalia Kaktins  
Beth & Michael Krebs  
*\*In Memory of Roger  
Kastel*  
Barry Levy  
Howard & Donna Lilly  
Carole Marple  
*\* In Honor of our  
wonderful COA Staff:  
Sue Kelliher,  
Melinda Morle, Kristina  
Gallant*  
Jane Materazzo & Greg  
Kennan  
Joseph & Dee Meaney, Jr.  
Mary Ann Metrakas  
Dorothy McLaughlin  
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Rosenthal  
Judith Rothschild  
John and Gail Samuelson  
Dale Szczeblowski & Laura  
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*\* In Memory of  
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Marlene Walch  
Neil Wallace  
Joan Whitman  
Sara Wragge  
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**Sponsor (\$250-\$499)**

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*\* In Memory of Jack and  
Mary Ellsworth*  
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Sue & Joe Kelliher  
Ed & Jane Perry  
Margaret Robinson  
Elisabeth Wineberg

**Benefactor (\$500+)**

Peter Black & Christine  
Cooney  
Dr. Courtney Ek  
Beth Jonas  
Cindy Ostrowski  
Grace Shepard  
*\* In Memory of James  
Wilson Shepard MD*  
Dudley Willis

**Other**

Megan Hall  
Joanna King  
Dr. Richard Sperling

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## SHERBORN COA 2024/2025 BOARD

### BOARD MEMBERS

Pete Hoagland, Chair  
Sally Tipton, Vice Chair  
Lori Howe, Secretary  
Gerri Hawn, Treasurer  
Ken Adams  
Denise Orlando  
Pam Sampson  
Tom Urmston

### ASSOCIATE MEMBERS

Carole Marple  
Shruti Panjini

The COA Board meets on the last Tuesday of the month at Town Hall at 9:30 a.m. Agendas are posted on the Town of Sherborn website.

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## OFFICE HOURS

### MONDAY - THURSDAY

9:00 am - 4:00 pm

### FRIDAY

9:00 am - Noon


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## STAFF

Kristina Gallant, Director  
coadirector@sherbornma.org  
Maura Bennett, Asst. Director  
coaprograms@sherbornma.org  
Melinda Morlé,  
Outreach Coordinator  
coaoutreach@sherbornma.org

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## CONTACT US

 19 Washington Street  
Sherborn, MA 01770

 508-651-7858

 coa@sherbornma.org

 www.sherborncoa.org

 Sherborn Council on Aging

## YOUR COA IS A RESOURCE

### COUNCIL ON AGING

The COA staff is here to help and provide resources. We loan medical equipment, provide resources for meal delivery, home care assistance, care giving, downsizing, etc. Please don't hesitate to contact us for yourself, a parent, or an older adult.

### TRANSPORTATION SERVICES

You can request transportation tickets from our office. Rides are through JFK Taxi Service. You can purchase coupons at the COA office.

Dial-A-Ride is now available through the Metrowest Regional Transit Authority. Call us for the application at 508-651-7858.

### THE SHINE PROGRAM

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Our SHINE counselor is available on alternate Wednesdays from 10:00 am - Noon. Please call the office to make an appointment. This service is available year-round.

### SHERBORN LINK COMMUNITY NEWS

#### COUNCIL ON AGING

19 Washington Street  
Sherborn, MA 01770

PRESORTED STANDARD US POSTAGE PAID SHERBORN, MA
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**POSTAL PATRON**  
**SHERBORN, MA 01770**